

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

Beth BOLAND

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

*As part of the Wollongong Triathlon Festival 23<sup>rd</sup> April 2023*

00:06:33

200M SWIM SPLIT

00:21:31

10KM BIKE SPLIT

00:14:49

2KM RUN SPLIT

00:49:56

OVERALL TIME

40-49

CATEGORY

19

CATEGORY PLACING

222

OVERALL PLACING